

# “SMOKE NOT.”

THE SUBSTANCE OF A LECTURE DELIVERED TO  
THE PUPILS

AT

TOTTERIDGE PARK, HERTS,

UNDER THE PRESIDENCY OF THEIR PRECEPTOR,

R. WILKINSON, ESQ., F.R.C.P.

BY

MR. THOMAS REYNOLDS,

*Secretary to the British Anti-Tobacco Society.*

PUBLISHED BY REQUEST.

---

SECOND EDITION.

---

LONDON: ELLIOT STOCK, PATERNOSTER ROW,  
AND ALL BOOKSELLERS.

1866.

---

PRICE THREEPENCE.



22500834522

## CAUTION TO JUVENILE SMOKERS,

BY A LONDON PHYSICIAN.

---

A Physician writes:—"Let me give two or three hints to boys who use Tobacco. Tobacco has spoiled and ruined thousands of boys, inducing a dangerous precocity, developing the passions, softening and weakening the bones, and greatly injuring the spinal marrow, the brain, and the whole of the nervous fluid. A boy who early smokes, is rarely known to make a man of much energy of character, and generally lacks physical and muscular, as well as mental energy. I would particularly warn boys who want to rise in the world, to shun Tobacco as a deadly poison.

"A few weeks ago, a youth arrived in this city to prosecute his studies with a view to a professional life. A week or two after his arrival, he was siezed with paralysis in both legs, which advanced upward, till nearly the lower half of his body was benumbed and apparently lifeless. There is little hope of his recovery. The cause of his disease was Tobacco-Smoking, a habit which he had early acquired, and persisted in to the time of his attack."—*Band of Hope Review*, March 1st, 1865.

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Coll.	pam
No.	WM 272
	1 866
	R 455



# "SMOKE NOT."

[No. 5.]

---

THE SUBSTANCE OF A LECTURE AT TOTTERIDGE PARK SCHOOL,  
HERTS, UNDER THE PRESIDENCY OF R. WILKINSON, ESQ.

---

ROBERT WILKINSON, Esq., in taking the chair, introduced the Lecturer in the following terms:—

"MY DEAR YOUNG FRIENDS,—I know how unpopular with the young are the caveats against the use of tobacco, and how reluctant you would be to attend to illustrations on this subject, however powerful and convincing, had the hour fixed for the delivery of this lecture entrenched upon the time usually devoted to physical recreation. I have appointed the hours of study for the discussion of the subject, that you may be induced to give it your studious and serious attention; and if you do this, more information will be imparted for the regulation of your future life than the school routine of this morning could possibly afford you.

I have long been desirous that you should hear what can be said about tobacco; not because any of you are smokers, but that when tempted to become so, as you assuredly will, you may be fortified with sound reasons for abstaining from this "fleshly lust," as well as those "deadly sins" to which it is the ready handmaid, and which too frequently decoy youths imperceptibly into the paths of vice and wretchedness.

Apart from the momentous importance of the subject itself, I would bespeak your candid and careful attention to it, on the inferior ground that it is the earnest desire of one whom you all highly esteem, that you should not follow the foolish and foppish habits of so many of your age and sex; and nothing would delight your kind friend, Dr. Lee, more, than that you should add this one *negative* to the many *positive* excellencies he is wont to ascribe to you.

Do not imagine this subject is irrelevant to the duty I owe you. School instruction should embrace those things necessary to be understood for the maintenance of health and vigour of the body, as well as of the mind and morals. Many of our injurious habits arise from ignorance of common things. I am anxious, therefore, that you should have timely warning upon a common habit, that you may escape the common lot of those who have become enslaved by it, and who have either accelerated their passage to the grave, or so enfeebled the functions of nature as to groan and tremble beneath the weight of their mortality. Remember the motto—*'To be forewarned is to be forearmed.'*

I have now the pleasure of introducing Mr. Reynolds, who I have no doubt will obtain your respectful attention."

Mr. R. on rising said:—

Mr. CHAIRMAN AND DEAR YOUNG FRIENDS,—The position I occupy this morning is one of peculiar interest. By the circumstances which antedate this occasion, I am reminded that our mutual friend, Dr. Lee, the proprietor of this estate, was one of the first respondents to my efforts to establish an Anti-Tobacco Society, and of that Society he is a Vice-President. I am sure you will be pleased to hear that though he is now in Scotland you have a share in his affectionate remembrance, In a letter which has just reached me, he expresses an earnest desire that, "in the wise and inscrutable dispensations of Divine Providence

I may this day sow good seed in the minds of many who may profit by its growth during the remainder of their lives." Your kind preceptor and friend who presides on this occasion, and whom I am happy to know earnestly desires the promotion of your present and eternal interests, is also a Vice-President of the Society. I remember being once asked what I considered the most interesting sight I had ever seen. I hastily summoned scene after scene before my mental vision, until I arrived at the coronation of George the 4th, and the closing of that ceremony with a gorgeous display of fireworks in Hyde Park—but that all ended in *smoke*. Dr. Young then whispered in my ear,

"Behold this midnight glory!"

Soon however he took his leave by saying—

"One soul outweighs the whole."

I then fixed my thoughts on a company of my fellow-travellers to eternity, met together for the promotion of their best interests for both worlds, and this I pronounced the most interesting scene. Believing, Mr. Chairman, that the topic of my harangue has much to do with the interests of the human family for both worlds, you will not wonder that I should be the subject of peculiar emotions, when I look on this youthful audience and think of the mass of mind I wish to indoctrinate with the views I entertain on the *Tobacco Question*. I have looked forward to this day with deep, anxious, and I may add prayerful solicitude; and happy shall I be, dear young gentlemen, in being the instrument, under Divine guidance, of preventing you from ever being taken in that snare which has injured the health, impaired the intellect, and ruined the souls of myriads of young men in this and in other countries. We do well to remember that great events sometimes hang on the transactions of a single hour. A single sentence conveyed to your minds by Divine power, may lead to resolves *never to be broken*.

This scene, Mr. Chairman, contrasts very agreeably with one which I once witnessed in the Town Hall at Cambridge. When I arose there to address my audience, I perceived a considerable number of young gentlemen in caps and gowns, and as soon as I began to address them, some crowed like cocks, some yelled like hounds, and then all simultaneously mounted the forms, and with their backs towards me, gracefully bowed, cap in hand, to the dead wall at the end of the Hall. In a few minutes they resumed their seats, and allowed me to say a few words while they responded as before; and then again mounting the forms and saluting the wall, some lighted cigars, others threw lighted fireworks amongst the audience, and the uproar and confusion exciting alarm, the Mayor was sent for, who brought with him twenty-five policemen, but all effort to subdue the rioters proved utterly abortive. Some of the gownsmen assaulted the police, and being examined before the Mayor on a subsequent day, they had to pay five pounds each for their folly. And in further *compensation for my services* some of them *took care of my upper-coat*, the pockets of which contained many articles of value.

I now proceed, Mr. Chairman, to give a description of the properties of tobacco. Tobacco contains two of the most powerful and deadly



poisons which exist in the vegetable kingdom. Some of my audience will be ready to enquire—Can this be true? And how can this be proved? *It is true—and it has been proved by many experiments.*

1st. Tobacco contains an *essential oil*, which is so virulent, that if the finest needle which a lady uses were dipped into it, and thrust into the nose of a mouse, it would produce convulsions, and death in three minutes. Two drops of this deadly poison rubbed on the tongue of a dog, would kill him in a few minutes. Small birds have perished on approaching it, by simply inhaling the vapour which emanates from it.

2nd. There is another property which tobacco contains called *nicotin*, which is also highly poisonous and destructive. Besides these two volatile substances which exist in the tobacco leaf, there is another substance—*empyreumatic oil*—generated by the action of fire, the application of one drop of which to the tongue of a cat brought on convulsions and death in two minutes. “The Hottentot who smokes his wooden pipe (which being porous absorbs this oil), takes it from his mouth and applies it to the nose of a serpent, which is laid prostrate in death in three minutes, and is as stiff and rigid as if dried in the sun in a quarter of an hour.” Did I hear one of my audience whisper—“How does the Hottentot escape injury, if that which he carries in his mouth kills a serpent by its application to its nose?” I will answer this question. When the Hottentot first smokes tobacco, no doubt it makes him sick and ill, as the Chairman has told you it did him, and as it does almost every beginner, but the natural instincts become depraved by its repeated use, and that which at first is so repulsive to the system has but little apparent power over it. Just in the same way as laudanum may be used: by taking a moderate quantity at first, and increasing a little every day, sufficient may be taken to kill half-a-dozen persons without destroying life. But tobacco, like laudanum, has sometimes destroyed life. A coroner’s inquest was held some time ago, in the town of Cheltenham, when it came out in evidence that a boy ten years of age had determined, as he said, to be the best smoking boy in Cheltenham. He smoked two pipes, and his mother wishing him to go on an errand, he told her he could not go, and laying his hand on his temple he shrieked aloud—“Murder, Mother! Murder, Mother! I’m going to die—God bless you,” and fell at her feet to rise no more. The poison of tobacco had produced collapse—closing of the blood vessels. Another youth in Cheltenham, about 15 years of age, had injured himself to such an extent, that a medical man in attendance on him said, that had he smoked another ounce of tobacco, nothing could have been done for him, although he smoked but little at a time.

Having described the powerful and deadly properties of tobacco, I now proceed to shew the manner of their operation on the human system. The essential oil acts directly on the brain, by whatever method it is used. I am sometimes asked how tobacco gets to the brain. It would be as consistent to ask how the flavour of food and the fragrance of flowers get to the brain—the seat of perception. In the mouth there are nerves called *gustatory*, and in the nostrils others called *olfactory*; the gustatory conveying flavour, and the olfactory conveying scent. These carriers of scent and flavour convey also the properties of tobacco to the brain. The *nicotin* acts on the heart and circulation; of this nothing can be more convincing than the fact, that



pulsation is greatly affected by the use of tobacco—either smoked, chewed, or snuffed. First, being materially increased, and subsequently considerably retarded. In various ways the poisonous vapours of tobacco find their way into the system, and affect every part. Although smoke does not enter the lungs, the atmosphere the lungs receive during the process of smoking, must necessarily be impregnated by the properties which the smoke contains. The lungs are said to contain 1,700 millions of air cells, which present a surface equal to the scarf-skin of the whole body. On that delicate and important organ the smoker throws the properties of tobacco at every respiration. I have already endeavoured to explain the manner in which tobacco influences the brain and nervous system, and the heart and circulation : add then to these the lungs and respiration, and if any considerations can induce my audience to avoid the practices we deprecate, surely they are here presented. My opinions respecting the effect of tobacco on the brain have confirmation in the following illustration. Could you see the human brain, you would perceive an immense number of small blood-vessels, some of which are not larger than the hair of the human head. Through all these vessels blood ought to pass at every beat of the pulse. By the increased action of the heart blood is forced through these hair-like vessels more rapidly than it ought to be. Under the sedative power of the nicotin it is slower than it ought to be. Now, as the healthy contraction of these small vessels depends on nervous power, their healthy action is prevented. They have, consequently, more blood in them than they should contain, and the whole mass of brain becomes distended. This disturbance of the brain occasions dullness and depression, as on the whole exterior there must necessarily be pressure by the skull. There are, moreover, as anatomists tell us, sinuses in the brain which contain water, and this is forced out of its place by the same cause. “Were I a young man, and knew what I now do of the effects of tobacco on the brain, I would not smoke for ten thousand pounds,” said an anatomical demonstrator, when showing me the brain, in a dissecting room. Young gentlemen, if you remember this illustration, you will not require to be told hereafter how it is that smokers and snuff-takers are benefitted by their practices. They have depraved their nature, and that which depraved it is resorted to for the purpose of relieving that uneasiness which previous habits induced. I have known both snuff-takers and smokers whose depressed condition has rendered snuff and tobacco articles of absolute necessity, but if you were to hear their humiliating confessions, you would learn that the functions of the body and of the mind may be temporarily forced to work, but that they soon become jaded and require that aid from artificial means, which nature amply supplies to those who regard her dictates.

Every new investigation of the human body addresses us in new terms of eloquence, telling us to avoid interference with those laws which such displays of wisdom and power bid us observe. Add to this, my dear young friends, the fact that to this mysterious mechanism is linked an undying soul. Then let these considerations be present to your thoughts :—*On the condition of my body depends the condition of my mind, and on the condition of my mind depends the condition of my nobler*



*part—my soul.* Scarcely, when I see a thoughtless smoker puffing and spitting, can I avoid the inquiry:—

“Know’st thou the importance of the human frame?  
That world of wonders, more than we can name;  
Say, has thy curious, busy eye surveyed  
The proofs of boundless wisdom there displayed?  
How ranged each fibre with amazing skill,  
That every muscle may attend thy will;  
How every tendon acts upon its bone,  
And gives to every nerve a nicer tone;  
Convey the keen vibration of the sense,  
And gives the wakeful mind intelligence?”

I am not, however, ignorant of the fact that efforts will be made to prove, by those who contend for the justification of their practices, that tobacco may be used without interfering with any of the arrangements of animal economy, and that it is even a thing to be desired, to make both wise and happy. But, before you touch the poisonous weed, watch the countenances of those who use it when the *steam* is shut off, and you will see woebegone written on their foreheads. Nor can they conceal it. There is another consideration which must not be overlooked as the result of smoking—that is the discharge of saliva. Not only is this fluid, in a state of purity, a great contribution to comfort, by lubricating the mouth and throat, for without it we could neither swallow nor articulate; but it is also invaluable in animal economy—yea, indispensable for purposes of health. In mastication, the food is saturated with it; and, being a pure alkali, when it comes in contact with gastric juice in the stomach, the process of digestion is greatly accelerated by its presence. Indigestion, dyspepsia, and hypochondriasis are known to be affections which afflict users of tobacco in a special manner; and if there were no other evils resulting from its use, these are heavy penalties for the pursuit of folly. Indigestion lies at the root of most of the diseases common to mankind. I am sure the intelligence of my audience, though youthful, will induce them to subscribe to the sentiment I express when I say—*There are important reasons why they should never addict themselves to the use of tobacco.*

Sincerely, Mr. Chairman, do I hope they never may. I feel on this subject as a medical gentleman does who took part in a meeting on the Tobacco Question in the town of Cheltenham—“*If*,” said he, “*I saw my son with a pipe or cigar in his month, I should look upon him as a ruined young man.*” For this blighting, withering, and indescribably exceptional commodity, the people of this country pay upwards of *eight millions* sterling per annum. Five-and-a-half million acres of land are set apart for its cultivation. Two million tons weight annually grown and consumed! After supplying these items, as if the magnitude of an evil were a justification of its existence and continuance, *The Times* says, —“The opponent of narcotics may well account all men abominable, and, as an unrelenting Calvinist, shut the door of mercy against his kind: he will be blown upon by every whiff, scouted and scorned by every sneeze, and swamped by every expectoration.” The effect of tobacco in creating a demand for intoxicating drinks is another lament-



able and incontrovertible fact, in connection with its use. That persons require drink when they smoke is clearly deducible from the following premises :—First, The properties of tobacco, in the form of heated smoke, must necessarily create thirst. Second, The undue stimulation of the salivary glands, by which saliva is drawn away and ejected, is another cause of thirst. Third, As smokers cannot prevent some part of the saliva, which is impregnated with tobacco, from passing into the stomach, the stomach and thorax require moisture for relief. Fourth, The exhaustion which the waste of saliva and the anti-vital power of tobacco occasion, induces the smoker to seek relief by recourse to stimulating drinks. Those who have taken no pains to ascertain what is done in the smoking circle have no conception of the extent to which smoking induces the use of strong drinks. I make the assertion without fear of contradiction, that four times as much is spent for the accompaniments of tobacco as for tobacco itself. Eight Millions for tobacco, and Thirty-two Millions for drink,—together Forty Millions sterling,—absorbed not only uselessly, but, as every intelligent reflector will admit, to purchase suffering and sorrow, ought to awaken in the mind of every patriot and philanthropist the inquiry, Can anything be done to suppress this impediment to the progress of human elevation and the extension of God's glory in this fallen world? Could this fund be diverted into other channels, what a change would be effected in the moral and social interests of our country, and what an influence might be exerted on the interests of that cause which the Saviour came into our world to establish!

When I think of the capabilities with which you, my young friends, are endowed for happiness and usefulness, and of the privileges by which you are surrounded, and knowing, as I do, that your natural condition is the best fitted, indeed the only condition which will secure to you these high attainments, I feel that I cannot too earnestly exhort you never to pollute your mouths by inhaling fumes of tobacco, or your nostrils by abhorrent snuff. “Snuff,” said Abernethy, “*fuddles the nose*: but the fumes of tobacco have the power of *stupefying all the senses and all the faculties, by slow and enduring intoxication into dull obliviousness.*” It is truly affecting to think of the marred work of God in the history of those who are gone to the grave, and of the miserable victims who are hastening their way there by their vicious habits of life. I knew a young gentleman—an only son—the hope of his family. His father, who was a medical man, brought him up to the profession. He went to London to complete his studies; and one night, after his usual gratification,—*cigars and brandy-and-water*,—the violent action of his heart exciting the alarm of one of his companions, who was also a medical student, he bled him in the arm; and as the lancet had not the effect of undoing the mischief, he applied it again, and bled him to death. Little did that young man think that a cigar—*only a cigar*—would be the cause of his destruction. Alas! of how many once promising young men is this the sad and affecting type! I will mention another case. A clergyman once, in agony of mind, said to me—“Wherever I go, I have my dead boy following me in imagination.” Having recently buried my own son, I said—I know how to sympathise with you, Sir. While anguish wrung his heart, he replied—“You cannot sympathise with me: that's impossible. You know where your



boy is gone, but I don't know where mine is. He began chewing and smoking, and I fear he died in his sins. I have no evidence of his penitence." No language can describe the agony which was depicted on that parent's countenance as he uttered the harrowing sentence—"I fear he died in his sins!" And it would not be difficult to prove that the hopes and expectations of many fond and anxious parents are entirely blasted by the practices under consideration, even where such extreme consequences do not attend it; and I hesitate not, Mr. Chairman, to say that smoking is doing more to *deprave, dissipate, and ruin* the youthful population of this country, of all classes, at the present time, than all other causes combined. The use of tobacco, which weakens mental power, perverts reason; and in countless instances, the victims of it become an easy prey to vices of every kind, and are thus led captive by the devil at his will. The circumstances with which I become acquainted impel me to urge most imperatively on all with whom I have influence to do all they can to deter the young from touching tobacco.

Some time ago, I was in a room in London with the son of a nobleman. Seeing several *short, dirty*, and I may add *stinking* pipes, I intimated a wish to have one of them, and one he gave me. It is scarcely four inches long, having two white spots, one on the upper and the other on the under side, where it was held by his teeth. A cork is cut to fit the bowl, so that he could extinguish the fire at pleasure and put the pipe in his pocket. By the pursuit of his vicious habits, his medical adviser says he has robbed himself of ten years of his life. Could you see him, my dear youths, you would surely account those companions your greatest enemies who attempted to induce you to pursue the *fashionable, life-shortening, and detestable folly* of smoking.

Time forbids my adding to this affecting list; but there are other considerations springing up in my mind which ought not to be omitted. Mr. Archdeacon Sinclair, in a recent charge to the clergy at St. Paul's, in London, said,—"*The cultivation of habits of economy is an important step in moral and spiritual elevation,*" and urged on his audience the importance of making this a branch of their pulpit labours. Had the venerable gentleman added—*Say to all your hearers, Smoke not! chew not! snuff not!* it would have been no desecration of the sacred pile. It must come to this. Tobacco must again be denounced from the pulpit. Multitudes of boys and youths begin by taking only a few whiffs, because they can take no more; but when the natural instincts and sensibilities are overcome, they *travel by express train, and forget what it costs per mile*. They spend every farthing they can get for tobacco, in addition to the supply of cigar-ends furnished by the *better* (upper) classes and thrown in their way in the streets. Many acts of moral delinquency also result from these habits. I was recently in the company of a gentleman who was once connected with a concern in London which made an annual return of upwards of five hundred thousand pounds, who told me that he never knew a single instance of fraud in that establishment which was not traced to a smoker of tobacco. Masters and parents often say that smoking has led to many and serious acts of fraud. Not long since, in a provincial town where I was lecturing on this subject, a weeping mother said, "I am afraid my boy will break my



heart." He was apprenticed to a respectable tradesman, and his practice of cigar-smoking excited his master's suspicion, as he knew his parents were in humble circumstances. One day he marked several pieces of money, and told his young men not to go to the till until a certain hour. Before that time, the master himself went and found some of the marked money missing. He then summoned the suspected youth, and said he had reason to fear he had been robbed for some time past, and wished to see the contents of his pockets. The dishonest youth positively asserted his innocence, and hastily threw his money on the counter, which proved to be that marked by his master. He was sent home to his parents and his clothes with him. His distressed mother, inquiring the cause, was told the sad tale, his master adding,—“If I chose, I could transport him for his conduct.” In another town I visited, a weeping widow who said she was afraid her two boys would be ruined. One of them, only twelve years of age, was seen smoking a cigar in the street, and the money with which it was purchased he had unlawfully obtained. Although she threatened if ever he did such a thing again she would put him to bed and keep him there a whole day, and as often as he repeated the offence she would double the punishment, if she kept him in bed for a week, he was soon after seen smoking again, and, as before, he had taken the money from the till to buy the cigar. It is truly affecting, Sir, to hear the account juvenile smokers sometimes give of themselves. A few days ago, I was going down the Thames in a steamboat, with one of my family, and as smoke was abundant we went into the cabin. A youth soon came down, filling his pipe, to whom I said, I hope you are not coming here to smoke! “No,” said he, “I was looking for a light.” I told him to take a seat by my side, as I wished to talk to him. He complied with my request, and I said, Do you know that I am your brother? “No,” said he, “that can't be. I am sure you are not.” Yes, I said, you are my brother. “How,” he replied, “can that be?” Why, God hath made of one blood all nations of men that dwell on the face of the earth, and therefore we are all brethren. “I see now,” said he, “what you mean.” I am very sorry, indeed, to see my brother with a black eye; and I am sorry to see my brother with a dirty pipe in his hand. “What harm,” said he, “is there in that?” What harm? *Why, there is nothing more injurious to health than smoking tobacco.* There is another thing; *very few youths begin smoking on Monday mornings, who do not smoke on Sunday mornings, and very few who smoke on Sunday ever think of going to a place of worship!* To this he slightly demurred; but when I asked him how long he had been a smoker, and if he had ever been in a place of worship since he commenced the habit, he confessed he had not. There is another thing, I said; *young men who addict themselves to morning smoking, very often spend the last penny they have for tobacco.* “That's true,” he replied, “for I often do that. I have done so this morning.” And depend on those hands of yours, I suppose, for subsistence? “Yes, I do.” Suppose you should have a fit of sickness—and nothing is more likely if you *dine off smoke*—what will become of you? “I have friends,” he replied, “who wouldn't let me want.” He had neither father nor mother, and it was not difficult to convince him that the union-house would be his home if health failed



him. Seeing the reckless course of life he was pursuing, I asked him if he ever thought of the fact, that every step he took brought him so much nearer the grave, and by consequence, nearer to heaven or to hell. These questions induced an aspect of seriousness. In reply to the inquiry, Where do you think you should go, were you to die as you are living? with quivering lips he said—"I don't know." Such persons have strong claims on our sympathy. I feel, Sir, that we are "verily guilty" in remissly *looking* on the habits of the inconsiderate.

The investigations I have made, have brought to light many evils of another character, which have not generally been ascribed to the use of tobacco. Paralysis, apoplexy, and sudden death are rapidly on the increase in this country, but few are there among the medical profession who exert themselves to deter the young from using tobacco, although its use greatly contributes to these deplorable results.

By way of illustration I may mention that paralysis, apoplexy, and sudden death, all proceed from the same cause, *deficient vital power*. Let it then be proved, and proved I conceive it has been to the judgment of my audience this morning, that tobacco is anti-vital in its power of operation, and what is more clearly deducible than that *such effects* as I have described are attributable to *such a cause*. But Mr. Chairman, if further proof be demanded, I am prepared to supply it, and I trust that what I say on this subject will be remembered by my young friends because such evidence will overthrow all the sophistry in the world. Paralysis and its kindred effects are the results of weakened muscular powers. Of these "keepers of the house," as Solomon called them, he predicated that they should tremble as the effect of old age. But what says the history of the present generation—"I will venture to assert that apoplexy and paralysis in our days destroy more people in the flower of their age, than they do such as are far advanced in life."—DR. GRANVILLE. The same authority tells us that in this country, in 1851, eighteen thousand nine hundred and ninety-one persons died from the three causes above named. I will now give you a few instances which have recently occurred in my investigations. A medical gentleman, who said he would not connect himself with my enterprise, showed me a case of cigars which he said cost him 45s. per pound. In reply to my inquiry, "Do you find them beneficial?" he said he could not speak in the affirmative. From him I afterwards elicited the confession, that after smoking two cigars in the evening, he trembled in the morning, and could do nothing until he braced up his system with strong coffee! A surgeon of my acquaintance told me, a few months ago, that he took with him another surgeon when he went to perform an operation on a patient's thigh, as he wished him to sew up an incision which he found it necessary to make. After the operations were performed, the latter said, "As I knew I was coming with you to sew up that wound, I did not smoke my cigar last night. Had I done so, I should not have been able to put the needle in the right place, on account of the trembling of my hand." A medical gentleman, who presided at a lecture I delivered not far from this mansion a few nights ago, told the audience that he was compelled to leave off smoking from the same cause. A second time he tried to *break himself in*, but the same effect followed, and he determined not to risk it again.



Young gentlemen, if you wish to retain your vigour of body and mind avoid *enervating*, *unmanning* and *muscular-relaxing* tobaccos. In compliance with the Chairman's request, I shall now give you a brief outline of my own history. When I was a young man I commenced the habit of smoking. Most of my associates were smokers. The remembrance of my habits, and the consequences attendant on them, fills me with inexpressible humiliation. The sufferings I endured are indescribable—severe indigestion and its numerous train of miseries were my constant companions. Every thing was seen through a false medium. Medical aid was sought, and bad became worse. Change of air, and change of residence were recommended, and means too ridiculous to be mentioned were resorted to, but all to no purpose. No one could cure the *effect* of my folly, and strange to say, I did not suspect the *cause*. In the midst of a successful career in business, and other engagements, which, under other circumstances, would have afforded me the highest satisfaction, I was told by a medical gentleman, that, unless I relinquished all my pursuits, I should end my days in a lunatic asylum. I disposed of my business, and again changed my residence, but continued to smoke, and daily became worse. All who knew me thought I should soon be in the grave. No language can describe the misery I endured, and death would have been preferred to life. I one day consulted a snuff-taking physician, who could not venture an opinion about my case until he had tickled his nose by an extra pinch of snuff. And in reply to the inquiry, "Do you think, Doctor, that smoking is injurious to me?" he asked how I felt after smoking? To which I answered, that it afforded me relief. "But," I continued, "May not the means of temporary relief lay the foundation for permanently increased injury?" "I cannot answer that question," was his reply; and if you leave it off you must do so on your own responsibility!" Sometime afterwards, such was my trembling condition, that I feared paralysis, and concluded that a practice so injurious must also be sinful, and therefore I determined to smoke no more. It was like "plucking out a right eye," but in a few weeks my trembling limbs became steady, though I have never recovered the injury my nervous system sustained. For more than twenty years I have had a daily memento of an attack of partial collapse on the right side of my head, which was as clearly traceable to the use of tobacco as that light emanates from the sun; and no consideration would induce me again to bring myself under its influence. It may be that some of you, my young friends, are thinking that such effects do not often attend the use of tobacco. If, however, you were made acquainted with what users of tobacco often experience, you would soon learn that what tobacco does is ascribed to other causes. Many medical men themselves either do not understand the question, or are unwilling to say what they know about it, lest they should condemn themselves. Not one of them would, however, attempt a denial of the assertion, that *tobacco contains properties more potent than any other commodity to which man has daily recourse; ergo, it cannot be denied that these properties produce effects which no other commodity can do!* Not only are paralysis, apoplexy, and sudden death, among the evils which attend the use of tobacco, but mental imbecility is also a consequence of its use. It would be almost an insult, Mr. Chairman, to the understanding of



some of the senior young gentlemen who hear me, to use arguments to prove *that the mind cannot escape injury when the physical powers are so seriously affected*; but it is my wish to show the importance of using all possible means to protect the nervous system in a natural condition; as anything which impairs the faculties of the body, and by consequence of the mind also, must necessarily, if it does not destroy either one or the other, greatly detract from that energy and dignity which is our only safeguard.

There are few more affecting instances recorded than the closing history of Alexander the Great. In the possession of his faculties, when asked to run in a race, he replied, "If I run, my competitors must be princes." This same Alexander, under the influence of mind perverting agents, slew his own friend, Clitus. When his consciousness returned and he was informed what he had done, he lacerated his own face with his nails, and lay bleeding on the floor. To forget his grief he returned to the glass, and at the age of thirty-five the conqueror of the world fell a prey to his vices.

How is it, some may be ready to inquire, that so many medical men themselves smoke and take snuff? and how is it that so many ministers do so? Not, my youthful inquirer, because they are unconscious of its power, but habits are acquired which may be regarded as almost indispensable, and may even be considered beneficial, and to a certain extent they are so. But happy is that man whose freedom from such habits preserves him from such necessity. It is lamentable to think of the number of ministers and medical men who have gone to early graves, and have broken down in physical and mental constitution, by the use of tobacco, in this and in other countries. I cannot refrain from adding here, that I have never known a single minister who has lost his pulpit through immorality who was not a user of tobacco.

I know, Mr. Chairman, that I express your opinion as well as my own when I say, that the following American announcement is as disgraceful as it is spirit-stirring:—"The annual convention of Congregational Ministers met in the Supreme Court House, Boston, May 31st, 1854. The Rev. George Trask of Pittsburg, from the Committee on tobacco, presented a lengthy report, wherein the evils of the use of this weed were presented in a most lucid manner, and wherein it was concluded that tobacco was robbing the pulpit more than all other causes combined. A preamble and resolutions were adopted, requesting members to abstain from the use of tobacco themselves, to discountenance its use in others, and to encourage all measures for reform of the injurious weed." A convention of ministers for such a purpose, and the result of their investigations, it is to be feared must be followed with like proceedings in this country, before British ministers will become meet examples for the imitation of their flocks, and occupy that position in the minds of discerning young men, which will unequivocally convince them that they are "watching for souls as those who must give account."

We sometimes hear what famous smokers the Germans are. German physicians, however, tell us they pay a heavy penalty for smoking. More than half the young men, who die under twenty-five years of age, they say die in consequence of smoking. It is much to be feared that the practice of juvenile smoking in our own country will completely



change the aspect of our population in the next generation. I am aware it is said that the Germans are profound thinkers although they do smoke. They do think and smoke, and smoke and think—while smoking one pipe or cigar they think of having another as soon as they have finished what they are about. With respect to many of them, as of our own countrymen, the best that can be said, when they are laid in the grave, will be—

Once they lived, but now are dead,  
Laid down their pipes and gone to bed,

If time allowed we might say something to you about the waste of time which smoking especially involves. Misimprovement of time entails disadvantages of every kind. You may have good abilities—improve them by application. It was said that Richard Burke possessed powers of mind superior to his brother Edmund. On one occasion, after the latter had delivered an oration which produced considerable sensation in the House of Commons, Richard was found alone in deep thought, and when asked what was the theme of his cogitations, he said that he “was thinking how strange it was that his brother Edmund should have all the talent of the family.” Uniform application is the pathway to advancement, and those who live according to the laws of their nature are in the best condition for both bodily and mental labour. If you could see smokers when they awake in the morning, you would not wish to exchange situations with them. They are more dead than alive, and lie yawning and wishing they could lie in bed all day, while the bell grates on their ears with a most unwelcome sound. For the momentary gratification of this very exceptionable mode of stimulation what penalties are inflicted! Some say they cannot study without a pipe, and quote the habits of great men in justification of their own. A preacher once told me that his sermons would be poor things if he could not have his pipe while preparing them! By this method of brain-forcing quaint things may be said to tickle men’s ears: but as I told him, he had better ask Divine aid to touch their hearts. It is a perfect libel on the Maker of man to imply that tobacco is necessary for such a purpose. A London minister said, a few months ago, that he looked on me as his greatest earthly benefactor. Since leaving off smoking he could *read much more continuously—his imagination was far more fertile—he preached with greater freedom*, and as a Christian, *his enjoyment was far greater*. These acknowledgments, Sir, establish two important truths, which my audience will do well to remember. First, *That the rejection of tobacco contributes to mental and moral power*. This truth establishes a Second, viz., *That the use of tobacco, by an inverse ratio derogates from mental and moral power*. To the possession of these qualifications my young friends, may it ever be your ambition to aspire. They are entrenchments over which you need not fear invasion; but ever remember the conditions by which they are to be attained and retained. The mind is capable of unlimited acquisitions of wisdom and knowledge; and already, I hesitate not to say, some of you have felt the importance of this truth, and are ready to unite with me in singing—



“He that hath treasures of his own,  
 May fill a cottage or a throne;  
 May roam abroad or dwell at home,  
 Within his spacious mind.”

I have thus endeavoured, Mr. Chairman, to impress on the minds of my youthful audience the importance of guarding against an evil, the magnitude of which cannot be expressed; and I trust my efforts may have the effect under the Divine blessing of deterring you, my dear young friends, from ever being enslaved by tobacco, so that you may have power over it and over your own bodies.

“’Twill save you from a thousand snares,”  
 To avoid tobacco young.

We want you to rise high in the scale of *intellectual, moral and social* being—and could not bear the thought that one of your number should transgress the laws of your nature, and by the scourge to mankind we have this morning met to consider, deprive yourselves of the capacity with which you are endowed for the acquisition of wisdom and knowledge. What I say here, Mr. Chairman, I would say to our beloved Queen and her illustrious Consort—*If you wish your Royal sons to be wise, happy, and dignified, dissuade them from polluting themselves with tobacco smoke.* “There is no Royal road” to high, intellectual, moral and spiritual elevation, but attaining this, well may we as a nation be proud of such a progeny.

I congratulate you, Sir, that it will never be said by any young gentleman, “*Through your example I learnt to smoke at Totteridge Park.*” I congratulate you, young gentlemen, that no such snare is presented by your preceptor. When I think of the chasm which is to be filled with thoughts and ideas from the present moment until all of you shall exchange worlds; and when I reflect that what you sow that also shall you reap; that your future position in society, your *bodily, mental, moral, and spiritual condition*, and your *future destiny* depends much on the conduct you pursue; and when I reflect that this lust of the flesh—tobacco—“wars against the soul,” that the associations to which it often, very often leads—for it will be admitted by every reflecting observer that the fumes of tobacco often induce young people to go where they ought not, and to do things which they ought not, and which they never would do but for its influence—I cannot but earnestly entreat you to guard against a practice fraught with such tremendous danger! Strongly do I feel, and strongly do I express myself.

“On such a theme ’twere impious to be calm.”

It was written over the door of Plato, “None may enter here who is not an astrologer.” Soon may it be written over the entrance to every seminary for youthful training—“*None who enter here must smoke tobacco.*”

The Chairman observing one of the audience taking copious notes, requested him to give his opinion on the substance of the lecture. To this he responded by saying—“He thought the effect of tobacco had been very much exaggerated. He considered that tobacco might be smoked, and snuff taken, to a very considerable extent without positive



injury ; and that it unquestionably produced soothing effects when resorted to under the effect of fatigue at the close of the day, and under peculiar circumstances of irritation. Men of great intellect were also many of them great smokers and snuff-takers, and many of them lived to old age and retained their faculties."

In reply the Lecturer said :—I am obliged by the observations which have been made, and I have no doubt but further illustrations of my views will be accepted by the respondent. I have not attempted to show that the effects of tobacco in all cases are the same ; evidence to the contrary is everywhere presented—but ten thousand such cases do not in the least enervate the force of my arguments, or affect the facts in individual history which I have adduced. Exaggeration I believe to be impossible. I was informed not long since by a gentleman with whom I was travelling, that a barrister of his acquaintance one day called on him, who took snuff very freely. Not long after he called again, and paced his room saying—"I have got it." "I have found it." "I have got it." "I have found it." His friend was alarmed at his excited condition, and said—"What have you found?" "Oh ! "I'll soon let you see. I'll have a copy bound in gold for you." The poor fellow had lost his reason, and died raving mad a few weeks afterward. "Can you," inquired the gentleman, "trace any connexion between his habits and his end?" "There can be no doubt, I replied, "that snuff weakened his brain, and when mental application was demanded by his occupation, it was unequal to the demand." "A clear case," was his reply. I know a person in the neighbourhood where I reside, who has lost the use of one side entirely through smoking, and if I had not met with him and induced him to lay his pipe down, he would long ago have had general paralysis and been in the grave : he knows it, and owns it. I know several ministers who were smokers, who are now drivelling in dotage, and all of them acknowledge that tobacco undid them. As to those who live to old age—they are the men, for the greater part I believe, who live *out* only half their days—a man's life consists more in what he *does* than in what he *lingers out*.

As to the soothing effects of tobacco, I am prepared to admit this. It would *soothe* you and me, Mr. Chairman, if we were to take a few whiffs. I remember some time ago being in company with two gentlemen in London, who were partners, the one French and the other English ; to the Frenchman I said—"You are not looking so well as when I saw you last, sir." "I am not well," he said ; and as I knew he had been smoking freely I said, "I fear you smoke too much, sir," "Perhaps I do," he replied, "but what am I to do? When I leave the works of an evening I am so irritable, I don't know what to do until I get a pipe." "Pray what does your partner take to soothe him?" "Well, he is never irritable!" "*Here is the secret*," I replied. "He never irritates himself with tobacco, therefore he can bear the circumstances which distress you, and which render soothing antidotes a necessity." Not long ago I met a gentleman in Cheapside, who shook me by the hand, and told me he had left off smoking since the time I lectured in Birmingham, when he was present. "I had a partner," he said, "who was an agreeable young man, but unhappily he took to smoking, and made himself miserable, and everyone with whom he had to do ; and one morning when he went to dress, he blew out his brains.



From what I heard you say about tobacco, I know it was his pipe which caused his irritation, and I feared its consequences on myself." There is a gentleman at this time in London, who says he is almost afraid to venture across a bridge on the Thames, and he says he knows his nervousness is the effect of smoking. The scenes with which I sometimes come in contact are as amusing as they are affecting. In a University town I was staying at a so-called Temperance Hotel: after taking tea I espied in the lower part of a cupboard a spittoon and some dirty pipes. I rang the bell and ordered the servant to remove them, at the same time expressing my surprise that such offensive things should be found in such an establishment. In the course of the evening a gentleman, who had taken his son to the University, thought the wheels of time moved slowly, as he knew the rules of the house compelled him to *think* of his pipe without using it before nine o'clock. Scarcely had the *hammer* told its tale, before the bell summoned the servant to bring pipes and tobacco, and to fetch brandy. In a little time up came the master of the house, and behind him a servant with a cup of coffee. No sooner was he seated than he began to fill his pipe. "I understood, sir," I said, "that this was a *Temperance Hotel*." "So it is," was the reply. "A Temperance Hotel, sir! Of course you may call it what you please, but I don't call this *Temperance*! A *smoking-room* a *Temperance room*!" "Why shouldn't I smoke, sir?" was the rejoinder. "Why shouldn't you smoke?—why, tobacco is a *powerful intoxicant, and a very injurious poison*." "It never hurts me; *I'm never ill*." "And I say *you're never well*; I can tell that by your countenance, and I will prove you never are before you leave this room." I watched his countenance, and as soon as I saw his muscles relaxed, and the smoker's witty smile, I requested the gentleman who sat near him to feel his pulse, who said, "I should not have thought that such a person's pulse would beat nearly ninety times a minute." After smoking two pipes he rose to leave the room, when I again requested the gentleman to feel his pulse. His surprise was then excited to find it reduced to forty beats a minute. "Now," I said, "you must admit one of two things—either *that the rate of the heart's action, which was determined at the creation of man, was best fitted to preserve all the powers of the body in harmony and in health; or that health may be retained by recklessly violating the laws of our nature*." Such was his exhaustion that I could have knocked him down by a sharp rap on the shoulder. Happily this interview had the effect of convincing him of his condition, and of reclaiming him from his practice. Strange to say, he confessed that he had never felt his pulse before, and was not at all conscious of the alternations produced by the use of tobacco. The gentleman who smoked with him, kept up his circulation by the use of brandy and water, but this was like burning a candle at both ends. In the course of the evening he wished to know what harm tobacco did. I asked him to lend me his pipe and I would show him, assuring him I would not destroy it. I took it to his son, who was sitting on the sofa, and asked him to finish it for his honoured father. The father jumped up, seized the pipe, and said, "I wouldn't let him smoke for all the world!" "Why not?" I inquired, "if it be so harmless, and even beneficial?" "My son is very delicate, sir, and I'm afraid it would kill him!!" This same gentleman wanted to know what he could do with his time of an evening if he did not smoke.



“Do as I do, sir, I replied ;” collect all the materials you can for thought and reflection—this I account the *gold dust of life*, and of it you can never have too much.”

Instead of retracting, Mr. Chairman, from the sentiments I enunciate, I feel that it is impossible by language to describe the evils which tobacco does to mankind. It was said by Chrysostom that if there were only one sermon to be preached, and he were deputed to preach that sermon, he would choose for his pulpit the highest mountain in the world, the whole human family for his congregation, and the tongue of an archangel, and for his text the words—“How long ye sons of men, will ye love vanity, and seek after leasing ;” and if there were tubes extending from this platform to the ends of the earth, and branching tubes which could convey my voice to the ears of all mankind, I would say—“If you wish to be healthy, and answer the end of your being, touch not! taste not! handle not! the pernicious body and mind destroying weed—tobacco.”

After the lecture the Chairman remarked :—

I am sure I express with my own, the cordial thanks of every youth present, for the interesting and convincing lecture we have heard. My own personal observation corroborates every word which has been uttered ; and I am assured this masterly exposure of a habit so fraught with evil to the rising manhood of our country, will not fail to enlist your sympathies towards the Society recently formed for its suppression, even when you shall have been released from the restraints of scholastic rule.

You will perhaps say, if the arguments of the Lecturer be morally and physically correct, why do not medical men and ministers of religion adopt and enforce them ? I confess this is accurate reasoning ; and whilst I would not say a word which could possibly limit the gratitude and reverence you ought ever to cherish towards those whose responsible office it is to care for your bodies and souls, I must cordially confess my inability to answer this question. However, we have heard from the Lecturer that not a few eminent physicians have borne their unqualified testimony to injury done to the human frame, by indulging in the expensive and dirty habits of smoking and snuffing ; but without their testimony even nature teaches us that both are manifestly *unnatural*. The aliment provided by God for the sustenance of the human body, does not on its first application disturb the economy of its functional operations : childhood is not rendered sick by taking milk, nor manhood by drinking water, but you all know the result of taking the first pipe. This organic derangement is an incontestible evidence that the practice of smoking is an outrage upon the well-defined laws of our common nature ; the smallest infractions of which she avenges with merited retribution. The Psalmist says, “We are fearfully and wonderfully made.” The lecture has illustrated this fact ; it has also proved how fearfully and wonderfully industrious a large portion of the human family are in their efforts to deface and cripple the delicate and complicated machinery of the human frame.—

“Strange that a harp of thousand strings  
Should keep in tune so long,”

says one of our Hymnologists ; but it is, if possible, more strange that



the possessors of this human instrument, so exquisitely finished, and so accurately tuned by its Divine Maker, should subject its delicate chords to the perpetual corrosion of a deadly poison! They could not be so infatuated had they correct views of the tendencies of that self-indulgence, but the votaries of evil habits are very ingenious in framing palliations and justifications; they stifle the occasional pang of compunction, and throw *dust* into the eyes of reason; so that men who are able to sound the lowest depths of the human mind, and soar to the highest regions of intellectual grandeur, will, when under the spell of these treacherous habits, make the most fallacious blunders, not to say fatal mistakes. A gentleman recently died who was addicted to the habit of excessive drinking, and when seized with the last attack of *delirium tremens*, said, "I cannot account for this illness, except that I took a few grapes after dinner to-day." So complete is the delusion wrought on the mind by the indulgence of habits which over-excite the brain. They have a stupifying, deadly, charm; they silently, and almost imperceptibly, allure their victim to the grave; or if, as it occasionally happens, light breaks in upon the enslaved mind before the bodily organization is irremediably impaired, the misery is only increased by the conviction that the habit is too inveterate to be with safety broken off. A snuff taker told me recently, that he was miserable if he took it, and equally so if he did not. What a pitiable state of slavery this! and what a contemptible tyrant by which to be "*held by the nose!*"

I have never met with an *old snuffer* or *piper*, who would recommend the use of tobacco in any form; no, his advice is—"avoid it—*do not begin it*—I would give anything if I could leave it off," &c. Let me reiterate the exhortation, "*do not begin it.*" Why begin a habit which must have such a miserable end? If you *begin* you cannot say you will leave off; and if ever you should be able, it will be with great difficulty and much pain; you have the power of avoidance now, *keep it*. My final advice to you is—*avoid all narcotics*, whether *fumes* or *fluids*. They elevate, but do not strengthen; they light up the mind with gladness for the moment, but they occasion it sadness for the day. They nerve the body and mind whilst under their influence, but speedily leave both in a state of exhaustion and depression. "Touch not, taste not, handle not." To have "*Sana mens, in corpore sano,*" is the earnest desire of every wise boy; we have been speaking as to wise boys, judge ye what we have said.

I trust the Lecturer has to-day entered upon what he will find to be in future, a field of useful labour in this important cause. I hope he will seek admission into schools wherever he can obtain it; and if the students at Colleges, whose tastes are vitiated, know not how to appreciate his self-denial and zeal, as was manifest by his lecture at Cambridge, I am sure the unsophisticated pupils of private boarding-schools will *all* rightly estimate his motives, and I trust also *adopt his arguments*. I feel that it is no small honour that Totteridge Park School took the initiative in this phase of a philanthropic effort to crush what must be called, if defined by plain English, a *dirty, degrading*, and too often a *demoralizing*, deadly habit.

---

*To the Author of the Lecture.*

---

MY DEAR SIR,—I am sure you will do good service to our rising youth by re-publishing the appropriate lecture you delivered to the pupils here. I trust it may fall into the hands of many *masters* as well as *scholars*. If carefully read, it will convince *both* of the irreparable physical mischief the smoking of tobacco is entailing upon the human family. I would the Tutors in our Upper and Middle Class Schools were alive to the power they possess to *mitigate*, if not wholly to *extirpate* this growing vice.

It is not sufficient that masters do not themselves smoke, although a good example is useful as far as it goes. If the evil is to be effectually checked, they must, in their moral teachings, expose it in all its deleterious influences upon bodily health, mental power, and moral progress. Permit me to say that society owes you a heavy debt of gratitude for your self-sacrificing, indefatigable labours in this important work. Few men have wrought more successfully in the cause of philanthropy, whilst perhaps few have had so many inveterate prejudices to contend with. The inaugurators of grand schemes of moral usefulness, have, not unfrequently in their zeal and enthusiasm, laid their lives on the altar of their self-devotion; they have sown for others to reap; they have planted but others have gathered the fruits of their labour; yet I trust your valuable life may long be spared, and *cheered* by evidences that you have not spent your strength for nought, in thus seeking to dissuade youth from *adopting*, and men from *continuing* in a habit which is *expensive*, *indecent*, *dangerous*, and inimical alike to the physical laws of nature, and, if rightly understood, to those of civilized society.

I am, my dear sir, yours truly,

ROBERT WILKINSON.

Totteridge Park School,  
July 10th, 1866.



## PRINCIPLES OF THE BRITISH ANTI-TOBACCO SOCIETY.

---

1.—That the physical laws of our Great Creator, as displayed in the economy of our nature, involve a solemn responsibility on the part of every intelligent being, to avoid any practice which to his knowledge has a tendency to interfere with those laws.

2.—That as tobacco is a narcotic poison of a virulent nature, its introduction into the human system, either by smoking, chewing or snuffing, is calculated seriously to interfere with the laws of our nature, and ought, therefore, to be *entirely* rejected.

3.—That as smoking *especially* has a tendency to encourage the drinking usages of society, not only by creating morbid thirst, but also by impairing the appetite for food, and thus inducing recourse to a falsely supposed substitute; it ought, therefore, to be discountenanced by every lover of morality.

4.—That as smoking keeps multitudes who indulge in it from public worship, and thus excludes them from the means which God has appointed for their instruction and salvation, it ought to be looked upon as an impediment to the high elevation of which our nature is capable, and avoided as a fruitful source of evil.

5.—That as such of the uses of Tobacco as are deprecated by this Society, rob those who addict themselves to them, of *time, talent, and pecuniary resources*; the misapplication of these endowments ought to excite, in the minds of those who are looking with anxiety on “the world lying in wickedness,” a deep and anxious concern that this infringement of the inspired precept, “Whatsoever ye do, do all to the glory of God,” should exist no longer.

6.—That as the habit of smoking has assumed, in this country, a magnitude of fearful extent, it is the imperative duty of every lover of mankind, to unite in suitable efforts to remove this rapidly increasing evil, by exhibiting its *injurious effects* on the health, its *degrading consequences* on the morals, and its *enslaving power* on the habits, of its deluded victims, and also, by seeking to deter others, especially the young, from acquiring this unnecessary, offensive, and injurious practice.

# THE ANTI-TOBACCO JOURNAL,

Published Monthly, One Penny,

And other publications of the British Anti-Tobacco Society may be had  
through any Bookseller.

---

All communications relating to the objects of the Society to be  
addressed to the Secretary,

MR. THOMAS REYNOLDS,

23, Camden Square, London, N.W.